

Vegetable Gyoza

<p>Equipment:</p> <p>Small bowl Measuring cups and spoons Chopping board Sharp knife Large frypan Wooden spoon Steamer</p>	<p>Ingredients:</p> <p><u>Sauce:</u></p> <p>1/3 cup rice vinegar 1/4 cup chopped green onions 1/4 cup low-sodium soy sauce 1/2 teaspoon crushed red chillies</p> <p><u>Filling:</u></p> <p>Vegetable oil as necessary 4 cups diced shiitake mushroom caps, (button mushrooms in the classroom) 4 cups finely chopped green cabbage 2 tablespoons chopped green onions 2 tablespoons mirin (sweet rice wine) 2 tablespoons low-sodium soy sauce 2 teaspoons grated peeled fresh ginger 1/2 teaspoon salt 1/4 teaspoon dark sesame oil 3 garlic cloves, minced 2 tablespoons vegetable oil, divided Gyoza wrappers, or wonton wrappers (wonton wrappers are thicker), enough for 2 each.</p>
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What to do:

1. To prepare sauce, combine first 4 ingredients; set aside.
2. To prepare filling, heat a large non-stick skillet coated with vegetable oil over medium-high heat. Add mushrooms; cook 3 minutes or until moisture evaporates, stirring frequently. Add cabbage; cook 3 minutes or until softened, stirring frequently. Stir in 2 tablespoons green onions and next 6 ingredients (2 tablespoons green onions through to garlic); simmer 2 minutes. Remove from heat; set aside.
3. Working with 1 wrapper at a time, spoon 2 teaspoons mushroom mixture into centre of wrapper. Fold in half. Fold top edge of wrapper at 1/2-inch intervals to form pleats, pressing against bottom edge to seal. Place dumplings, pleated sides down, on a large baking tray dusted with flour; cover loosely with towel to prevent drying.
4. Place dumplings in a steamer and take care to not let them touch. If they touch they stick together. Steam gyozas until they are opaque.
5. Heat 1 1/2 teaspoons oil in a large non-stick frypan over medium-high heat. Add 12 dumplings; cook 1 1/2 minutes on each side or until browned. Repeat procedure until all gyozas are cooked.